

Anemia in African Women of Reproductive Age: A Cross-Regional Study of Uganda and Nigeria

Mwende Wairimu G.

School of Natural and Applied Sciences Kampala International University Uganda

ABSTRACT

Anemia among women of reproductive age remains a significant public health concern in sub-Saharan Africa, particularly in Uganda and Nigeria. This review examines the causes, consequences, and intervention strategies for anemia in these two countries, which have high prevalence rates and differing socio-economic and healthcare contexts. Anemia in these women is predominantly caused by nutritional deficiencies (e.g., iron, folate), parasitic infections (e.g., malaria, hookworm), and socio-economic factors like poverty and limited healthcare access. The consequences of anemia are severe, affecting maternal and child health, leading to complications such as preterm birth and low birth weight, while also reducing women's productivity and economic contributions. Various interventions, such as nutritional programs, malaria control, and improved healthcare access, have been implemented, but challenges such as inadequate infrastructure and cultural barriers remain. The review highlights the need for a comprehensive, cross-sectoral approach to address anemia in Uganda and Nigeria, with targeted strategies to improve maternal health outcomes and reduce anemia prevalence.

Keywords: Anemia, women of reproductive age, Uganda, Nigeria, maternal health, nutritional deficiencies.

INTRODUCTION

Anemia continues to be a major public health concern globally, particularly in low- and middle-income countries (LMICs) where its prevalence is disproportionately high. The World Health Organization (WHO) estimates that approximately 30% of the global population suffers from anemia, with the highest rates found in sub-Saharan Africa (SSA) [1]. Women of reproductive age (15-49 years) are especially vulnerable to this condition, with its impact often compounded by pregnancy. Anemia in this demographic is a leading cause of maternal morbidity and mortality, affecting not only the health and well-being of women but also their families and communities. The persistence of anemia in SSA is influenced by a complex interplay of factors, including nutritional deficiencies, parasitic infections, chronic diseases, and inadequate healthcare systems [2]. Among the countries in SSA, Uganda and Nigeria stand out due to their large populations and differing socio-economic and healthcare contexts. This review aims to examine the causes, consequences, and intervention strategies for anemia among women of reproductive age in Uganda and Nigeria. By comparing these two countries, the study seeks to provide insights into the regional variations in the prevalence, management, and outcomes of anemia and offer recommendations for improving public health responses [3].

Anemia is defined as a condition where the number of red blood cells or the hemoglobin concentration in the blood is below the normal range. The causes of anemia are multifactorial and can vary widely depending on geographical location, socio-economic factors, and healthcare systems. In SSA, anemia is primarily attributed to nutritional deficiencies, particularly iron, folic acid, and vitamin B12, as well as infections like malaria, hookworm, and HIV/AIDS, which increase the risk of anemia by affecting nutrient absorption and increasing blood loss [4]. Sub-Saharan Africa carries a disproportionate burden of anemia, with rates in some countries surpassing 50% among women of reproductive age. The high prevalence of anemia is a significant contributor to maternal morbidity and mortality, as it exacerbates pregnancy complications such as preterm birth, low birth weight, and post-partum hemorrhage [5]. Furthermore, anemia is associated with reduced cognitive function, fatigue, and poor productivity, which collectively diminish the quality of life of affected women.

Uganda and Nigeria are two of the largest and most populous countries in sub-Saharan Africa, each with distinct challenges and opportunities in addressing anemia. Uganda, a landlocked country in East Africa, has made significant strides in improving its healthcare system, yet challenges remain in terms of access to quality care, nutrition, and public health interventions. Nigeria, located in West Africa, is a country with a diverse demographic, large rural populations, and significant urban-rural disparities in healthcare access and outcomes [6]. Despite the differences between the two countries, both face similar challenges related to the high burden of anemia in women of reproductive age. This study aims to analyze these challenges by focusing on the causes, consequences, and interventions for anemia in Uganda and Nigeria, drawing lessons from each country's experience [7].

Anemia in women of reproductive age remains a critical health issue in many low- and middle-income countries, particularly in sub-Saharan Africa. Despite ongoing efforts to reduce anemia prevalence, rates continue to be alarmingly high in Uganda and Nigeria, with significant consequences for women's health and the broader socio-economic environment. In Uganda, the National Health Policy recognizes anemia as a major public health concern, but gaps in maternal care, nutrition programs, and public health interventions contribute to the persistence of the condition [8]. In Nigeria, although the government has introduced various health initiatives aimed at tackling anemia, challenges such as inadequate healthcare infrastructure, lack of awareness, and poor access to essential services hinder progress.

The problem is exacerbated by the lack of comprehensive, country-specific data that could guide policy and interventions. While studies have been conducted on the prevalence of anemia in individual countries, a cross-regional comparison between Uganda and Nigeria is scarce, leaving a gap in understanding how regional socio-economic and healthcare differences influence the prevalence, management, and outcomes of anemia. There is a pressing need to analyze the factors that contribute to the high prevalence of anemia in women of reproductive age in these countries and explore the effectiveness of existing interventions [9]. The specific objectives of this review aim to comprehensively explore the causes, consequences, and intervention strategies for anemia among women of reproductive age in Uganda and Nigeria, two countries facing high rates of anemia in sub-Saharan Africa. First, the study seeks to examine the socio-economic, cultural, and healthcare factors contributing to the high prevalence of anemia in these regions. Understanding how factors like poverty, limited healthcare access, and cultural practices affect anemia rates will provide critical insights into the root causes of this condition. Second, the study compares anemia prevalence in both countries, focusing on regional variations in health outcomes, which will help identify specific areas where interventions may be needed most. Third, the review evaluates existing public health interventions, policies, and programs aimed at reducing anemia, assessing their effectiveness in both contexts. The study also identifies gaps in current anemia management strategies, proposing evidence-based recommendations for improving public health responses. Lastly, the study assesses the broader implications of anemia on maternal and child health, as well as socio-economic development. By addressing these objectives, the review seeks to contribute to better health policies and interventions that can improve the lives of women in Uganda, Nigeria, and similar contexts across sub-Saharan Africa.

Epidemiology of Anemia in Uganda and Nigeria

Anemia remains a significant public health issue in sub-Saharan Africa, particularly affecting women of reproductive age in Uganda and Nigeria. In Uganda, the 2016 Uganda Demographic and Health Survey (UDHS) reported that approximately 32% of women aged 15-49 suffer from anemia, a condition exacerbated by malaria, iron and nutritional deficiencies, and parasitic infections like hookworm. The widespread prevalence is further aggravated by limited healthcare access, low awareness about anemia's maternal health consequences, and insufficient iron supplementation programs [10]. These factors combine to create a substantial burden on public health, contributing to maternal morbidity and mortality. In Nigeria, the National Nutrition and Health Survey (NNHS) paints an even grimmer picture, with around 50% of women of reproductive age affected by anemia. The prevalence is notably higher in rural areas compared to urban centers, where access to healthcare and nutritional resources is more readily available. Malaria remains a major contributor, along with deficiencies in folate, iron, and vitamin B12. Cultural practices that limit dietary diversity and the consumption of iron-rich foods further exacerbate the situation. Both countries highlight the need for increased public awareness, improved healthcare interventions, and better access to iron supplementation programs to reduce the prevalence of anemia and its related complications [11].

Causes of Anemia in Women of Reproductive Age

Anemia in women of reproductive age in sub-Saharan Africa is a complex and multifactorial condition, influenced by both biological and socio-economic factors. Iron deficiency is the primary cause of anemia in these women, with poor dietary intake being a major contributing factor in countries like Uganda and Nigeria. The lack of iron-rich foods, such as meat and legumes, leaves many women vulnerable to iron deficiency, which is compounded by menstrual blood loss. Heavy menstrual bleeding further accelerates iron depletion, leading to anemia [12]. In addition, infectious diseases, particularly malaria, play a crucial role in the high prevalence of anemia. The Plasmodium parasite, which causes malaria, leads to hemolysis (destruction of red blood cells) and disrupts the body's

ability to produce new red blood cells. In both Uganda and Nigeria, hookworm infections also exacerbate the situation by causing chronic blood loss in the intestines, further depleting iron stores. Nutritional deficiencies in essential vitamins and minerals, such as folic acid and vitamin B12, also contribute to the development of anemia by impairing red blood cell production. Socio-economic factors, including low income, limited access to healthcare, and poor educational levels, significantly increase the risk of anemia, especially among rural women who face barriers to proper healthcare and nutrition [13].

Consequences of Anemia in Women of Reproductive Age

Anemia in women of reproductive age presents numerous severe consequences that extend beyond the individual to affect families and entire communities. One of the most significant impacts is on maternal and infant health. Anemia compromises the oxygen-carrying capacity of the blood, which can lead to life-threatening complications during pregnancy and childbirth, such as preeclampsia, postpartum hemorrhage, and premature delivery. Moreover, anemia during pregnancy is often linked to low birth weight, which in turn increases the risks of infant mortality and developmental delays, affecting the child's long-term health outcomes [14]. Beyond maternal and child health, anemia also has profound socio-economic consequences. Women suffering from anemia often experience fatigue, weakness, and impaired cognitive function, which can substantially reduce their productivity in both household and professional roles. This diminished productivity not only affects individual income levels but also has broader economic ramifications for communities and societies. Furthermore, the economic burden of anemia is compounded by the increased healthcare costs associated with its treatment. In severe cases, anemia requires extensive medical interventions, placing a heavy strain on healthcare systems, particularly in resource-limited settings. These factors together underscore the need for targeted interventions to address anemia and improve health outcomes for women of reproductive age [15].

Interventions and Strategies for Anemia Prevention

Addressing anemia in women of reproductive age requires a comprehensive, multi-faceted approach that takes into account the unique challenges and needs of each region. Nutritional interventions play a pivotal role in combating anemia, with a focus on improving dietary diversity. Programs promoting the consumption of iron-rich foods, such as leafy greens, legumes, and animal-based products, alongside micronutrient supplementation (iron, folate, and vitamin B12), have shown significant promise in reducing anemia prevalence [16]. In Uganda, efforts to fortify staple foods like salt and flour with iron have been made, though implementation challenges persist. Malaria control programs are also crucial in tackling anemia, as malaria is a leading cause of anemia in many regions. The distribution of insecticide-treated nets (ITNs) and the provision of intermittent preventive treatment (IPT) for pregnant women have proven effective in reducing malaria-related anemia, with continued expansion of these programs in Uganda and Nigeria being essential. In addition, deworming and parasite control programs, particularly targeting hookworm and schistosomiasis, are important in reducing anemia, especially among children and women [17]. Furthermore, enhancing healthcare access and education is critical. Expanding maternal and child health services, providing iron supplements, and educating communities about the importance of iron-rich diets and malaria prevention can significantly reduce anemia rates in these vulnerable populations.

Challenges and Future Directions

Despite ongoing efforts to address anemia in Uganda and Nigeria, several challenges continue to hinder progress. Key obstacles include limited healthcare infrastructure, inadequate access to healthcare services, and prevailing cultural practices that discourage dietary improvements. For instance, in rural areas, the availability of essential resources like iron supplements and deworming medications remains scarce, exacerbating anemia rates. Additionally, the impact of climate change cannot be overlooked, as it contributes to the spread of malaria and other diseases, which are known to significantly increase anemia cases. As these challenges persist, future interventions must focus on strengthening healthcare systems to provide comprehensive anemia management, incorporating essential treatments such as iron supplementation, deworming, and malaria treatment [18]. Another critical direction is the cultural adaptation of anemia prevention programs. These programs should account for local beliefs, customs, and practices related to nutrition and health, ensuring their acceptance and effectiveness. Furthermore, addressing anemia requires a multi-sectoral approach, involving collaboration between the agriculture, education, and healthcare sectors. By integrating efforts across these sectors, it becomes possible to tackle the root causes of anemia, such as poor nutrition, inadequate healthcare access, and limited health literacy, paving the way for sustainable and long-term solutions to this pressing public health issue.

CONCLUSION

Anemia among women of reproductive age in Uganda and Nigeria represents a critical public health challenge that requires immediate intervention. The underlying causes of anemia in these countries are multifaceted, including nutritional deficiencies, particularly iron and folate, as well as the prevalence of infectious diseases such as malaria and hookworm. Socio-economic factors, such as poverty, limited access to healthcare, and inadequate sanitation, also exacerbate the situation. While both Uganda and Nigeria have implemented various programs to combat anemia,

including nutrition interventions and malaria control efforts, the burden remains unacceptably high. To effectively reduce anemia's impact, a more comprehensive approach is needed. This approach should include a focus on improving maternal nutrition, scaling up malaria prevention and treatment, expanding access to healthcare services, and addressing socio-cultural barriers that hinder women's health. By adopting a cross-sectoral strategy, these countries can significantly improve the health outcomes and quality of life for women of reproductive age.

REFERENCES

1. Igwe M C, Alum E U, Ugwu O. P C, Obeagu I E, Obeagu G. U, (2023). Men's Essential roles in the Management of Sick Cell Anemia. *Newport International Journal of Scientific and Experimental Sciences*, 4, (2), 20-29.
2. Niraula, P., Upadhyay, A., Karn, S.K., Karki, R.: Factors associated with anemia among pregnant and lactating women during the COVID-19 pandemic in the targeted municipalities of five selected provinces in Nepal: a cross-sectional study.
3. Zegeye, B., Anyiam, F.E., Ahinkorah, B.O., Ameyaw, E.K., Budu, E., Seidu, A.-A., Yaya, S.: Prevalence of anemia and its associated factors among married women in 19 sub-Saharan African countries. *Archives of Public Health*. 79, 214 (2021). <https://doi.org/10.1186/s13690-021-00733-x>
4. Aja, P. M., Inya, J. E., Onyeije, P. E., Agu, E. and Awuchi, C. G. Restorative effects of ethanolic leaf extract of *Datura stramonium* against methotrexate-induced hematological impairments, *Cogent Food & Agriculture*, 2023; 9:1, DOI: [10.1080/23311932.2023.2258774](https://doi.org/10.1080/23311932.2023.2258774)
5. Alum, E. U. Obeagu, E. I., Obeagu, G. U., Ugwu, O. P. C. Anemia as a Prognostic Marker for Disease Progression in HIV Infection. *IAA Journal of Biological Sciences*. 2023; 11(1):33-44. <https://doi.org/10.59298/IAAJB/2023/3.2.23310>
6. BUJPH: Beyond Borders: A Glimpse into Uganda's Healthcare Challenges and Solutions – Brown Undergraduate Journal of Public Health, <https://sites.brown.edu/publichealthjournal/2024/03/29/beyond-borders-a-glimpse-into-ugandas-healthcare-challenges-and-solutions/>, (2024)
7. Owais, A., Merritt, C., Lee, C., Bhutta, Z.A.: Anemia among Women of Reproductive Age: An Overview of Global Burden, Trends, Determinants, and Drivers of Progress in Low- and Middle-Income Countries. *Nutrients*. 13, 2745 (2021). <https://doi.org/10.3390/nu13082745>
8. Hasan, M.M., Soares Magalhaes, R.J., Garnett, S.P., Fatima, Y., Tariqujjaman, M., Pervin, S., et al: Anaemia in women of reproductive age in low- and middle-income countries: progress towards the 2025 global nutrition target. *Bull World Health Organ*. 100, 196–204 (2022). <https://doi.org/10.2471/BLT.20.280180>
9. Ugwu, O. P. C. Obeagu, E. I., Obeagu, G. U., Alum, E. U. Persistent Immune Activation and Chronic Inflammation: Unraveling Their Impact on Anemia in HIV Infection. *INOSR Experimental Sciences*. 2023; 12(3):73-84. <https://doi.org/10.59298/INOSRES/2023/7.3.21322>
10. Nankinga, O., Aguta, D.: Determinants of Anemia among women in Uganda: further analysis of the Uganda demographic and health surveys. *BMC Public Health*. 19, 1757 (2019). <https://doi.org/10.1186/s12889-019-8114-1>
11. Soni, R., Verma, D., Chopra, R., Singh, V., Goswami, D.: Demystifying intricate factors of nutritional anemia beyond iron deficiency—A narrative review. *Clinical Nutrition ESPEN*. 69, 745–764 (2025). <https://doi.org/10.1016/j.clnesp.2025.08.034>
12. Obeagu, E. I., Obeagu, G. U., Ugwu, O. P. C., Alum, E. U. Navigating Hemolysis in Expectant Mothers with Sick Cell Anemia: Best Practices and Challenges. *IAA Journal of Applied Sciences*. 2024; 11(1):30-39. <https://doi.org/10.59298/IAAJAS/2024/4.78.99.11>
13. Sowe, A., Wood, E., Gautam, S.K.: Maternal Anemia as a Predictor of Childhood Anemia: Evidence from Gambian Health Data. *Nutrients*. 17, 879 (2025). <https://doi.org/10.3390/nu17050879>
14. Aja, P. M., Ugwu, C. N., Uti, D. E., Samson, A. O., and Akinloye, D. I. Nutritional Requirements During Pregnancy: A Comprehensive Overview. *International Journal of Innovative and Applied Research*. 2023; 11(12):26-34. **Article DOI:** 10.58538/IJIAR/2058 **DOI URL:** <http://dx.doi.org/10.58538/IJIAR/2058>.
15. Egba S. I Obeagu E I, Obeagu G U, (2023) Coexisting Conditions: Addressing Diabetes in Sick Cell Anemia Care Int. J. Curr. Res. Med. Sci. (2023). 9(11): 23-28
16. Udezor P A, Precious A U, Ibiam U A, Uti D E, Umoru G U, Onwe E N, et al (2022).. Antioxidant and anti-anemic effects of ethanol leaf extracts of *Mucuna pogeii* and *Telfairia occidentalis* in phenyl-hydrazine-induced anemia in Wistar albino rats. *Ibnosina Journal of Medicine and Biomedical Sciences*, 2022. 14(03): p. 116-126.
17. Mwandama, D., Gutman, J., Wolkon, A., Luka, M., Jafari, J., Ali, D., et al: The use of intermittent preventive treatment in pregnancy and insecticide-treated bed nets for malaria prevention by women of child-bearing

<https://www.inosr.net/inosr-applied-sciences/>

Mwende

age in eight districts in Malawi. *Malaria Journal*. 14, 316 (2015). <https://doi.org/10.1186/s12936-015-0840-y>

18. Zhu, Y., He, C., Gasparrini, A., Vicedo-Cabrera, A.M., Liu, C., Bachwenkizi, J., et al.: Global warming may significantly increase childhood anemia burden in sub-Saharan Africa. *One Earth*. 6, 1388–1399 (2023). <https://doi.org/10.1016/j.oneear.2023.09.003>

CITE AS: Mwende Wairimu G. (2026). Anemia in African Women of Reproductive Age: A Cross-Regional Study of Uganda and Nigeria. INOSR APPLIED SCIENCES 14(2):88-92.
<https://doi.org/10.59298/INOSRAS/2025/14.2.8892>